



Parks, Recreation & Forestry Dept.

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Connect, Practice, and Heal through Trauma Sensitive Yoga

WAUKESHA, Wis. - Free Trauma Sensitive Yoga classes will be offered on Wednesdays from 9:00 to 9:45 am at the Rotary Building, 1140 Baxter St., beginning Sept. 13. Pre-registration is required.

This program is offered at no charge through the United for Waukesha Resiliency Center and the City of Waukesha Parks, Recreation and Forestry Department.

"We are excited to work with the city to provide opportunities to meet local challenges and improve the quality of life in Waukesha" said Allison McGaver, Outreach and Media Communication Director for the United for Waukesha Resiliency Center.

A trauma informed approach to yoga makes practice safer and more accessible through intentional language and movement. The instructor, a certified yoga therapist, has received additional training around potential trauma triggers in certain demographics as compared to standard certification.

When people live through traumatic experiences, as our community has done, it changes how we interact with the world. Our minds may adapt by reliving the past, disconnecting from our bodies, or becoming hyper alert of what might happen in the future. As adaptations help us survive traumatic experiences, they can make it hard to live in the present and feel like we're in control of our lives. In this class, participants will be guided through gentle moving yoga poses, be mindful of breathing and help build energy.

Everyone is welcome – most people experience or will experience a traumatic event at some point in their lives. Participants are welcome to participate in a chair or mat (please bring your own) as modifications will be made.

For more information, please call the Waukesha Parks, Recreation and Forestry office at 262-524-3737, view information in the mailed the Activity Guide, or visit www.waukesha-wi.gov/activityguide.

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